

MOVING TOWARD HEALING

1. I can't remember what happened to me.

I don't want to remember.

I try to block it out.

3. As a result I am angry with myself.

I hate myself.

I hate my body.

I want to punish myself.

5. I begin to remember more and feel sad about what happened to me and the fact that I blamed myself.

I grieve for my losses.

7. I remember more and more, I feel very sad and very angry.

2. I feel to blame/guilty.

It must have been my fault.

I must have caused/ attracted/ deserved this in some way i.e.

I didn't tell.

I didn't stop it.

4. I am beginning to realise/understand that the abuse couldn't have been my fault but was my abuser's fault.

6. As my guilt subsides my anger is transferred from me to my abuser.

I feel angry with him/her for what he/she has done to me.

8. I am more able to think about what happened to me and to deal with the resulting feelings.

I know I am not to blame.

I am learning to look after myself.

I am moving on.